



# MAPA DE AULAS

## VIVAGYM BENFICA



INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	CYCLING		
07:15		HYROXWOD					
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	ABS	ABS		
09:30	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING	BODYBALANCE	VIRTUAL CYCLING
10:00						VIRTUAL CYCLING	LES MILLS CORE
10:30	PILATES	GAP	YOGA	GAP	PILATES	LES MILLS CORE	
10:45							BODYATTACK
11:15	ABS	ABS	ABS	ABS	ABS	CYCLING	
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	BODYATTACK	VIRTUAL CYCLING
12:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
12:30						YOGA	
13:00	CYCLING	PILATES	GAP	BODYPUMP	CYCLING		
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS	ABS	BODYPUMP	
17:00	GAP						
17:15	VIRTUAL CYCLING	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES		
17:30			BODYBALANCE	BODYPUMP			
17:45	ZUMBA						
18:00		PILATES				CYCLING	
18:15		POWERWOD			BODYPUMP		
18:30	HYROXWOD		CYCLING	BODYBALANCE	CYCLING		
18:30	CYCLING		BODYPUMP	POWERWOD			
18:45	BODYPUMP						
19:00		LES MILLS CORE	HYROXWOD	CYCLING			
19:00		CYCLING					
19:15					ZUMBA		
19:30	CYCLING		LES MILLS CORE	3B	CYCLING		
19:30			CYCLING				
19:45	BODYATTACK	3B					
20:00		CYCLING		CYCLING			
20:15				BODYATTACK	YOGA		
20:30		BODYATTACK	BODYBALANCE				
20:45	LES MILLS CORE						
21:15		PILATES					
21:30	YOGA						

### O PODER DE SENTIR COMO MELHORAR O TEU RENDIMENTO

SEM CALORIAS

3 SABORES DIFERENTES

SEM AÇÚCARES

# FITDRINK

## A TUA ÁGUA VITAMINADA

DESDE **3,90€**  
Antes 4,10€

\*PROMOÇÃO VÁLIDA APENAS EM ALGUNS DOS NOSSOS CLUBES. CONSULTA AS CONDIÇÕES DA PROMOÇÃO E OS CLUBES ADERENTES EM NOSSO BLOG.

- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATÓRIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO	CORPO E MENTE	FORÇA	FUNCIONAL
CYCLING	DANÇA	ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM [WWW.VIVAGYM.PT](http://WWW.VIVAGYM.PT) OU APP